

## Erin Giles , RD, LDN

- Registered Dietitian, Licensed Dietitian-Nutritionist
- Didactics Program in Dietetics Certificate, University of Cincinnati
- Member, American Dietetic Association & Central Pennsylvania Dietetic Association
- School District Dietitian
- Dietitian for Community Wellness Programs, YMCA & Highmark
- Graduate of Miami University in Ohio - Bachelors of Science in Business



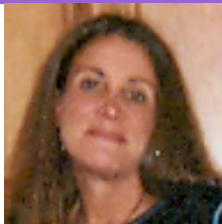
## Tim Palmer, Certified Trainer

- Certified Personal Trainer - YMCA
- YMCA Youth Fitness Center - Work with children to encourage healthy and fit lifestyles
- Sergeant - US Army National Reserve - Soldier of Year for Professionalism and Physical Training
- Coach-Youth Community Basketball and Track & Field
- Director & Organizer - Hope Run 5K/1 Mile Walk
- Graduate - Carlisle Area High School



## Linda Kerstetter - Certified Trainer

- Certified Trainer - National Strength & Conditioning Association
- Certified Exercise Professional - Functional Movement Systems
- Certified Trainer - Keystone Technical School
- Owner/Manager - Organic Farm
- Graduate - Indiana University of PA - Bachelor of Arts Degree - Child Psychology



## THE FRIENDSHIP CENTER

Lower Paxton Township  
Parks & Recreation Dept.  
5000 Commons Drive  
Harrisburg, PA 17112

## For Enrollment Information

Contact Lynn Wuestner  
Phone: 717-657-5635

<http://lowerpaxton-pa.gov/Friendship/index.html>

Classes begin January 23, 2012



Lower Paxton Township

Is Proud to Introduce



**KIDS CLUB FIT**

**10 Week Youth**

**Fitness & Nutrition Program**

“This program is designed to educate families - provide exercise options, instill proper food choices and develop a healthy lifestyle foundation for children - it will change the way kids exercise and eat.”

## NUTRITION

### Discussion Topics:

1. Food Journal & Nutrition IQ
2. Drinks: Calories & Sugar
3. Proper Portions
4. Fast Food - Best Choices
5. Understanding Labels
6. Fiber, Fruits & Vegetables
7. Quick & Healthy Breakfast
8. Quick & Healthy Lunch
9. Quick & Healthy Dinners
10. Healthy on a Budget



### 10 Week Program

### Class Schedule

Classes Begin January 23, 2012

### **Monday and Wednesday Classes**

5:00 p.m. - 6:00p.m.

Nutrition Session on

Wednesdays @ 6:00 p.m.

### **Tuesdays and Thursdays**

4:30p.m. - 5:30 p.m.

Nutrition Session on

Thursdays @ 5:30 p.m.

10 Week Session Fee - \$50

## EXERCISE

### Program Highlights:

- Cardio Training
- Fitness Stations
- Strength Building
- Agility & Balance
- Plyometrics

This program will feature personal trainers, nutritionists and dieticians working with children and their families.